

PATHWAYS TO WELLNESS



Health



Diabetes

Diabetes: From Eyes to Exercise and Food to Foot Care

4-session series:

Tuesdays; 4:00–6:00pm

Thursdays; 9:30–11:30am

Location: Diabetes & Endocrine Center, Salinas

Some insurance policies may cover diabetes program fees. For more information or to register for classes, call Salinas Valley Health Diabetes & Endocrine Center at [831-422-3636](tel:831-422-3636).

Diabetes: De Ojos a Ejercicio y Comida a Cuidado de los Pies

Serie de 4 sesiones:

Lunes; 4:00–6:00pm; Diabetes & Endocrine Center, Salinas

Miércoles; 9:30–11:30am; Diabetes & Endocrine Center, Salinas

Jueves; 4:00–6:00pm; Taylor Farms Family Health & Wellness Center, Gonzales

Algunas pólizas de seguro pueden cubrir el costo de los programas de diabetes. Para más información o para registrarse en las clases, llame al Salinas Valley Health Diabetes & Endocrine Center al [831-422-3636](tel:831-422-3636).

Joint Replacement

Offering top quality and compassionate care for people undergoing joint replacement surgery. To learn more, visit SalinasValleyHealth.com/Joint or call [831-759-1978](tel:831-759-1978).

* Registration required
\$ Participation fee

Heart

To learn more about our regional heart program, visit SalinasValleyHealth.com/Heart

Mended Hearts Monthly Meeting 3rd Tuesday of the month; 6:00pm

Location: Salinas Valley Health
450 East Romie Lane, Salinas

Facilitator: Julie Jezowski, Lifeline Member Liaison

October 21

Speaker: Sherrie Addison, Registered Yoga Instructor

Topic: Yoga and the Heart

November 18

Speaker: Marilyn Stream, Program Coordinator
Topic: Preparing Your Family

Facilitating a positive patient care experience through support group meetings, speakers and visiting programs – Mended Hearts is for heart patients, their families and caregivers. For more information, call [831-755-0772](tel:831-755-0772).

Mother / Baby

Childbirth Preparation Series*

5-session series:

Wednesdays; 6:30–9:30pm

• **October 22, 29, November 5, 12, 19**

2-session series:

Saturdays; 9:00am–4:00pm

• **January 10 & 17, 2026**

Classes are held in-person and virtually. For more information and to register, call [831-759-1890](tel:831-759-1890).

Lactation Services

Monday–Friday; by appointment

Breastfeeding support you need in the hospital and when concerns arise after returning home. Call [831-759-3060](tel:831-759-3060).

Breastfeeding Made Easy*

Saturdays; 9:00am–12:30pm

October 11, November 8, December 13

Classes are held virtually. For more information and to register, call [831-759-1890](tel:831-759-1890).

Maternity Center Tours*

Saturdays; 9:00am & 10:30am

October 4, November 1, December 6

Registration required at

SalinasValleyHealth.com/Events-Classes

For more information and to register, call [831-759-1890](tel:831-759-1890).

Cancer

For more information on any Cancer Care Program, call [831-759-1951](tel:831-759-1951).

Nutrition Services for Cancer Patients and Survivors

One on one counseling for oncology patients with a Salinas Valley Health registered dietitian. By appointment only with referral from physician. For more information, please call [831-759-1951](tel:831-759-1951).

Look Good – Feel Better*

October 13, November 10, December 8
10:00am–12:00pm

In-person workshops led by Look Good Feel Better volunteer beauty professionals provide you with tips and tools for skin and nail care, makeup application, wig selection, scarves, turbans and hats. This workshop also teaches beauty techniques for female cancer patients. Space is limited to 5 participants. To register and for more information, call [831-759-1951](tel:831-759-1951).

Events / Virtual Events



Podcasts

Ask the Experts Podcasts

To listen to our **Ask the Experts** podcasts visit SalinasValleyHealth.com/Podcasts. Each episode features a different healthcare professional discussing topics such as family medicine, diabetes, cancer, stroke, prevention and more.

Para escuchar nuestros podcasts en español de **Ask the Experts** visite SalinasValleyHealth.com/Podcasts. En cada episodio un profesional de la salud analiza temas como medicina familiar, diabetes, cáncer, derrames cerebrales, prevención y más.

Medicare Education Seminars

Confused by Medicare? You're not alone. Join our no-cost, educational seminars to learn about your healthcare options, understand your benefits, and get your questions answered without any sales pressure. A licensed Aspire Health Plan Advisor will guide you through the details so you can feel confident in your choices.

Find a session near you: Aspirehealthplan.org/medicare-education

Free Community Flu Clinics

Wednesday, October 8

Miércoles, 8 de octubre
4:00-7:00pm

Main Street Middle School
441 Main Street, Soledad

Thursday, October 16

Jueves, 16 de octubre
4:00-7:00pm

North County Recreation Center
11261 Crane Street, Castroville

Monday, October 20

Lunes, 20 de octubre
4:00-7:00pm

Boys & Girls Club Monterey County -
Salinas Clubhouse, 85 Maryal Drive, Salinas

Saturday, October 25

Sábado, 25 de octubre
11:00am-2:00pm

Taylor Farms Family Health & Wellness Center
850 5th Street, Gonzales

Blood Drive - Vitalant

October 28

9:00am-1:00pm

Salinas Valley Health, MRI Parking Lot
450 East Romie Lane, Salinas
Online registration at Vitalant.org

Farmers' Market at Salinas Valley Health

Fridays; May 9-November 7

11:30am-4:30pm

Parking lot on the corner of Romie Lane and Wilgart Way. For more information, visit SalinasValleyHealth.com/farmersmarket

Double Up Food Bucks

CalFresh recipients can save big on fresh, California-grown fruits and vegetables at participating grocery stores - no enrollment needed! Right now, get 50% off, up to \$15 per day, when you use your SNAP/EBT or Summer EBT card. Find participating locations and learn more at DoubleUpCA.org

Support Groups



Loss & Grief Support Group

Central Coast Visiting Nurses Association
For information, please contact:
bereavement@ccvna.com or call 831-751-5500.

Ostomy Support Group

October 11, November 8, December 6;
10:30am

Facilitator: Lorynn Monroe Rainieri, RN, BS, CWON
For more information, call 757-4333 ext. 2258.

Traumatic Brain Injury Support Group

Open to all persons experiencing Traumatic Brain Injury (TBI), family members, and anyone from the community.

Every 2nd and 4th Thursday of the month;
11:00am - Spanish Session
1:30pm - English Session

Location: CCCIL Office 318 Cayuga Street,
Suite 208, Salinas

For more information please contact
Yoana Mendoza at 831-757-2968 ext. 27.

Bariatric Surgery Support Group

Please join us for our monthly meetings to share tips, advice, give and receive support from others who are struggling with similar issues.

Location: Salinas Valley Health Lifestyle and Metabolic Program; 1260 South Main Street, Suite 101, LAMP Education Room, Salinas

For more information and to register,
call 831-208-6226.

Lifestyle and Metabolic Support Group

Please join us for our monthly meetings to share tips, advice, give and receive support from others who are struggling with similar issues.

Location: Salinas Valley Health Lifestyle and Metabolic Program; 1260 South Main Street, Suite 101, LAMP Education Room, Salinas

For more information and to register,
call 831-208-6226.

Parkinson's Support Group

Open to individuals with Parkinson's, their loved ones, and anyone who is interested in learning about Parkinson's.

Wednesdays; 5:00pm
October 15, November 12, December 10

Facilitator: Eileen Domalaog, CCC-SLP,
Salinas Valley Speech Pathology
Location: Salinas Valley Health
450 East Romie Lane, Salinas
Downing Resource Center Conference Room A
(Basement of parking structure)

For more information, call 831-998-7554.

"Women Helping Women"

Open to all women who have a cancer diagnosis.

Every 1st and 3rd Tuesday of the month;
1:00-2:00pm

Facilitator: Aida Solorio, MSW
Location: In person at Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas

For more information, call 831-759-3044.

Grupo de Apoyo de Cáncer - Mujeres Unidas

Este grupo de apoyo es para mujeres diagnosticadas con cáncer.

Primer miércoles del mes; 1:00-2:00pm

Facilitadora: Aida Solorio, MSW
Ubicación: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas

Para obtener más información, llame al
831-759-3044.

Community Programs



Speakers Bureau

Connecting community organizations, schools and worksites with our local, experienced medical providers and clinicians for free, tailored presentations that support and improve health and well-being. For more information, visit SalinasValleyHealth.com/speakersbureau

Aspire Health Healthy Together

Aspire Health's family-focused pediatric wellness program offers six engaging sessions that guide families to discover how to live Healthy Together. No cost to eligible families regardless of health coverage status. To learn more, visit AspireHealth.org/HealthyTogether

Legal Issues for Life Planning*

via Zoom with Steve Mudd, Attorney at Law

- **October 23; 5:30-7:00pm**
Topic: Planning for Incapacity
- **November 13; 5:30-7:00pm**
Topic: Is a Will Enough?

American Heart Association Heartsaver® CPR & AED Course for Non-Healthcare Providers*\$

Course covers Infant/Child/Adult

- **October 11, November 8, December 6
8:00am-12:00pm**
\$75 for a 2-year certification

American Heart Association Heartsaver® First Aid Course*\$

Not a Pediatric First Aid course

- **October 11, November 8, December 6
1:00-4:00pm**
\$75 for a 2-year certification;
\$35 if including CPR/AED class participation.

Walk With A Doc/Just Walk 2025

Connecting our community with Salinas Valley Health physicians and healthcare providers to learn about important health topics while promoting physical activity.

Location: Fort Ord National Monument Badger Hills Trailhead - (Across Highway 68 from Toro Café). Online registration at SalinasValleyHealth.com/Patients-Visitors/Walk-With-A-Doc

- **October 18; 9:00-10:00am**
Topic: Breast Cancer Awareness
Facilitator: Amy Lantis Stemerman, MD
- **November 8; 9:00-10:00am**
Topic: Diabetes Awareness Month
Facilitator: Nicholas Kissel, MD

Advance Care Planning

Advance care planning involves thinking about what is most important to you, as an individual, to help guide your overall treatment. An Advance Directive lets your healthcare team and loved ones have a better understanding about what is important to you should there come a time when you are unable to express this for yourself. For more information and to register, call 831-257-4729.

- **1er y 3er miércoles de cada mes; 3:00pm - Spanish**
- **2nd & 4th Wednesday of every month; 3:00pm - English**
Facilitator: Jessica Vega
Susan Bacon Cancer Resource Center
501 East Romie Lane, Suite C, Salinas

Freedom from Smoking*\$

American Lung Association - Freedom from Smoking Class

- **8 session class beginning
October 6; 5:30-7:00pm**
FEE: \$25.00

To register visit: [Salinas Valley Health/Events-Classes](http://SalinasValleyHealth.com/Events-Classes)

Free Wellness Classes



Group Chair Class for Movement & Meditation*

via Zoom

Thursdays; 9:30-10:30am

This free class guides you through simple stretching movements while seated to increase circulation, reduce stress and improve overall well-being.

BaMM: Balance, Mobility & Meditation*

via Zoom

Saturdays; 9:30-10:30am

This class will help you increase balance and mobility through stretching and stabilization of muscles and joints, and promote peace through meditation.

Mindfulness Meditation*

via Zoom

Mondays & Fridays; 12:00-1:00pm

Wednesdays; 4:30-5:30pm

A free mindfulness meditation session that aims to reduce stress and isolation during difficult times and improve overall health and well-being.

To register for Meditation classes, visit: SalinasValleyHealth.com/Mindfulness

Yoga Flow*

via Zoom

Mondays; 5:30-7:00pm

Yoga in Gonzales*

In person

Saturdays; 9:00-10:00am

October 4 & 18, November 8 & 22, December 6 & 13

Location: Taylor Farms Family Health & Wellness Center, 850 5th Street, Gonzales

To register for Yoga classes, visit: SalinasValleyHealth.com/Yoga

Zumba in Gonzales*

In person

Mondays; 6:00-7:00pm

October 6 & 13, November 3 & 10, December 1 & 8

Location: Taylor Farms Family Health & Wellness Center, 850 5th Street, Gonzales

Zumba in Salinas*

In person

Thursdays; 6:15-7:15pm

October 2 & 9, November 6 & 13, December 4 & 11

Location: Salinas Community School, 615 Leslie Drive, Salinas

Fridays; 6:15-7:15pm

October 3 & 10, November 7 & 14, December 5 & 12

Location: Boys & Girls of Monterey County - Salinas Clubhouse, 85 Maryal Drive, Salinas
To register for Zumba classes, visit: SalinasValleyHealth.com/Zumba



Scan the QR code for more information on our Pathways to Wellness offerings or visit SalinasValleyHealth.com/Pathways

* Registration required
\$ Participation fee

Mobile Clinic | Clínica Móvil

SERVICES OFFERED

Healthcare services provided through the Salinas Valley Health Mobile Clinic during its weekly community visits include:

- Primary care
- Sports physicals
- Simple urgent care
- Women's health
- COVID-19 testing
- Health screenings
- Flu vaccine
- Health education resources to manage chronic medical problems
- Flu testing

All services provided by the Salinas Valley Health Mobile Clinic are currently free of charge. The mobile clinic is dedicated to improving the health of our community by increasing access to care for those in medically underserved areas, providing preventive and primary care where it is needed.

Our mobile clinic is a state-of-the-art 40-foot vehicle featuring two exam rooms, Wi-Fi and laboratory capabilities, and educational functionality. It is staffed with a Nurse Practitioner or Physician Assistant, Medical Assistant and a Community Health Advocate.

SERVICIOS OFRECIDOS

Los servicios de atención médica comunes que se brindan a través de Salinas Valley Health Mobile Clinic durante las visitas semanales son los siguientes:

- Atención primaria
- Exámenes físicos deportivos
- Atención urgente simple
- Salud de la mujer
- Prueba de COVID-19
- Controles de salud
- Vacuna contra la gripe
- Recursos de educación de la salud para administrar problemas médicos crónicos
- Pruebas de detección de la influenza

Todos los servicios que ofrece actualmente Salinas Valley Health Mobile Clinic son gratuitos. La clínica móvil se dedica a mejorar la salud de nuestra comunidad al aumentar el acceso a la atención para aquellas personas en áreas con atención médica insuficiente y al ofrecer atención preventiva y primaria donde sea necesario.

Nuestra clínica es un vehículo de vanguardia de 40 pies con dos salas de examinación, Wi-Fi y capacidades de laboratorio, y una instalación educativa. Cuenta con un enfermero especializado o un auxiliar médico, un asistente médico y un promotor de la salud comunitaria.

SERVICE SCHEDULE | HORARIO DE SERVICIO

Services are offered on a first-come, first-served basis (unless an appointment has been made). We appreciate your understanding. Los servicios se ofrecen por orden de llegada (a menos que se haya solicitado una cita). Le agradecemos su comprensión.

Sundays/Domingos; 11:00am–2:00pm

(Service from March to November)
(Servicio de marzo a noviembre)

No services in July/No servicios en julio

Salinas Regional Soccer Complex
1440 Constitution Boulevard, Salinas

Mondays/Lunes; 3:30–7:00pm

Alisal High School
777 Williams Road, Salinas

Tuesdays/Martes; 10:00am–1:30pm

Walmart
1800 North Main Street, Salinas

Tuesdays/Martes; 2:30–6:00pm

Everett Alvarez High School
1900 Independence Boulevard, Salinas

Wednesdays/Miércoles; 12:00–6:00pm

Greenfield Family Resource Center
493 El Camino Real, Greenfield

Thursdays/Jueves; 10:00am–5:00pm

MLK Family Resource Center
925 North Sanborn Road, Salinas



Scan to make an appointment or visit SalinasValleyHealth.com/MobileClinic. Walk-ins are welcome. For groups of 10 or more, please schedule by calling **831-759-1927** or **831-737-6579**.

Escanee el código QR para solicitar una cita o visite SalinasValleyHealth.com/MobileClinic. Los pacientes sin turno pueden visitarnos. Para grupos de 10 o más, por favor programe una cita llamando al **831-737-6579**.

Live Well PROJECT

PROYECTO Vive Bien

In July of 2025 Blue Zones Project Monterey County became the first County in the state of California to achieve Community Certification. As we move into a sustainability phase, Join Us, by learning more about the Live Well Project.*

* Formerly, Blue Zones Project Monterey County



Preventive Well-being Tools



Healthy Eating



Active Living



Creating Connections



Live Well Project
For more details, scan the QR code.



Proyecto Vive Bien
Para más información, escanee el código QR.